# Wie funktioniert Speedy pro

## Startvorbereitungen

A: Hüftgurt anlegen, das Ende der Schnur mitnehmen, hinter die Startlinie gehen...

**2 m** **D**

**Der Haken muß nach unten zeigen! Stopper D muß 2 m vor Schnurende angebracht werden.**

B: den Schultergurt überziehen, Schnur abrollen, an der Gewichtsplatte befestigen...

**2 m** **E**
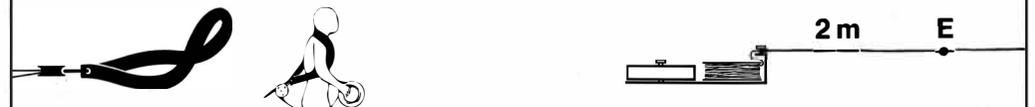
**E muß mindestens 2 m von der Gewichtsplatte weg sein!**

## Startaufstellung

A: Bahn 3

Schnur einhängen

C: Bahn 1

A   D   C   E   B

B: Bahn 2
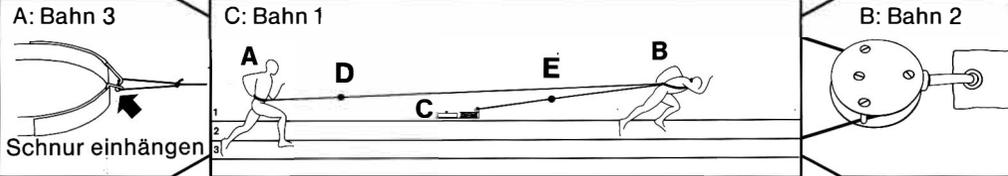
## Auskopplungsmöglichkeiten...

...wenn A die Schnur wegschlägt

...wenn B zu laufen aufhört

**STOP**

## Endphase

Die Schnur

fällt runter

automatische Auskopplung

C   E   A   B   D

Stopper blockiert

den Zug
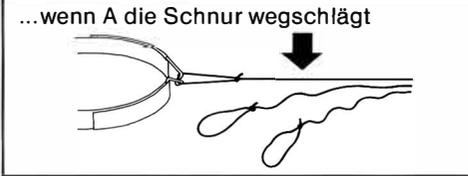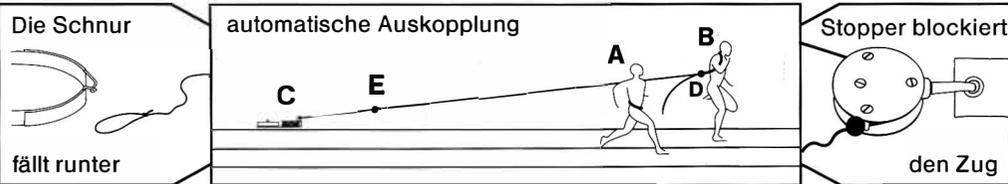
## Nach dem Auskopplungsvorgang...

A: sollte weitersprinten

**20 – 50 m**

B: noch 10 – 20 m auslaufen

**B**

**D**

**10 – 20 m**
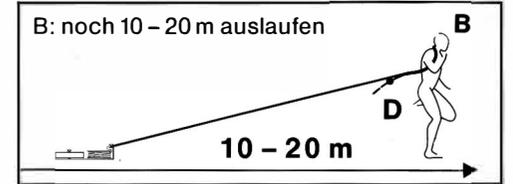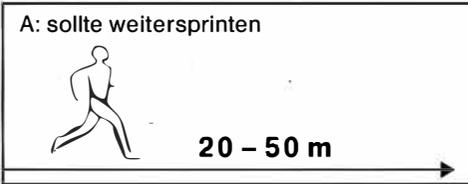
## Anwendung von Speedy pro ohne Gewichtsplatte

Startaufstellung

A   D   C   B

Trainer C hält
den Griff

fest in der Hand

Trainer C rollt

die Schnur ab

Endstellung

C   A   B
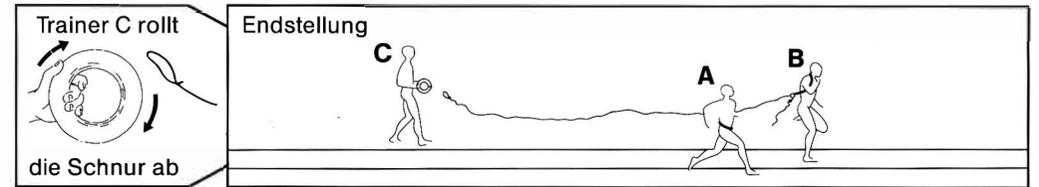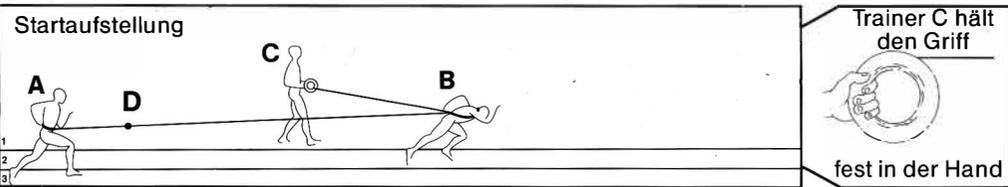
## Anwendung von Speedy pro als Widerstand

Fixierung:

Doppelte Schnurführung; Befestigung an der Gewichtsplatte
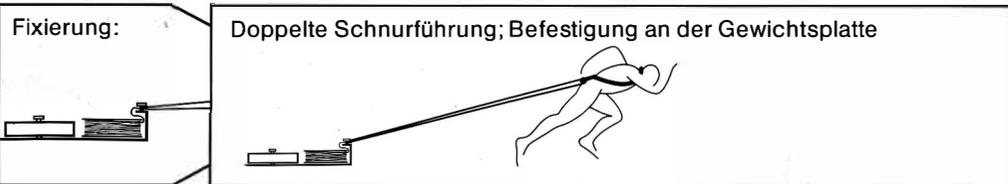
# How Speedy-Pro works

## 1. Getting started
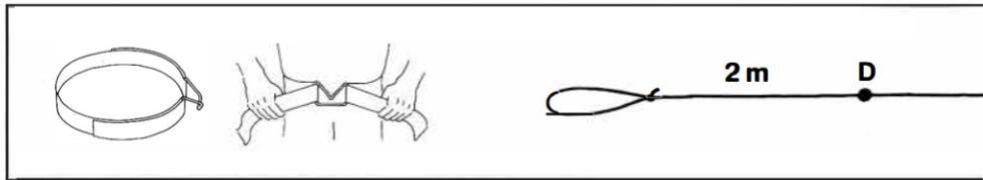
Athlete A puts the waist belt on, then takes the end of the rope and stands behind the start point.

The hook must point downwards, and the stopper (D) should be placed 2 m
ahead of the end of the Speedy-Pro rope.
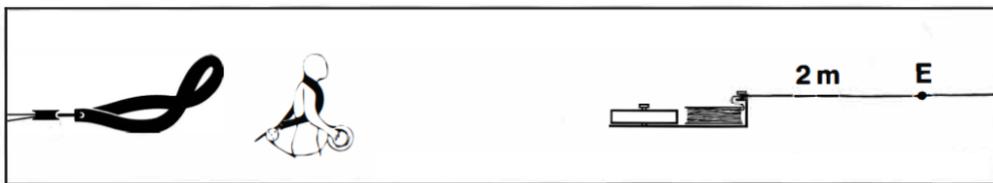
Athlete B puts the shoulder strap on, then uncoils the rope and attaches it to the weight plate.

The distance between E and the weight plate (C) must be at least 2 m.

## 2. Correct positioning
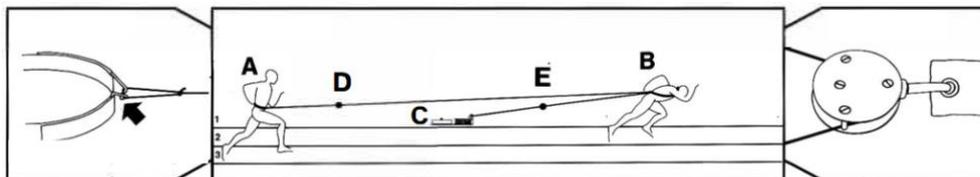
The rope is attached to the waist belt worn by athlete A.

A is in lane 3, B in lane 2, and weight plate C in lane 1.

Athlete B's shoulder strap features a pulley.

## 3. Detaching the rope
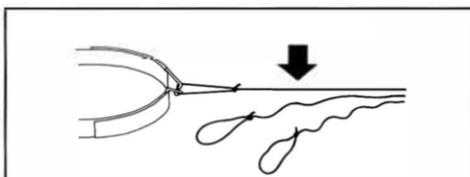
Athlete A removes the rope from the belt.    Athlete B stops running.

# 4. Final phase
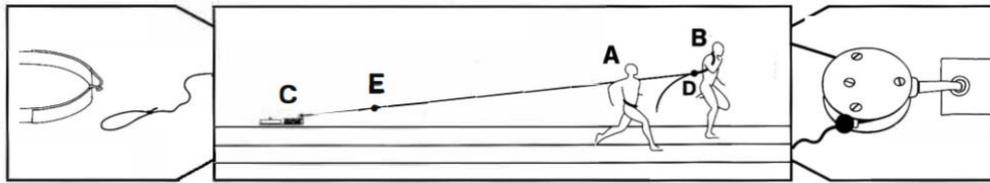
The rope drops.

Detachment is automatic and the stopper blocks the pulley.

# 5. Completing the workout
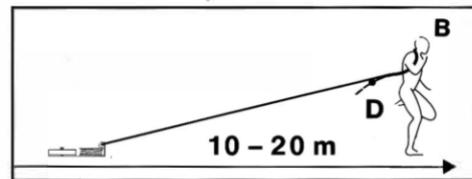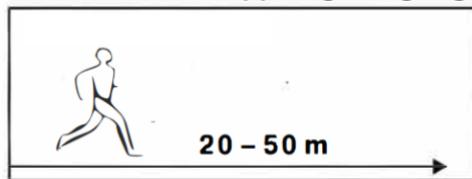
**20 – 50 m**

**10 – 20 m**

Athlete A should continue running for 20–50 m.

Athlete B should run for another 10–20 m.

# 6. Using Speedy-Pro without a weight plate
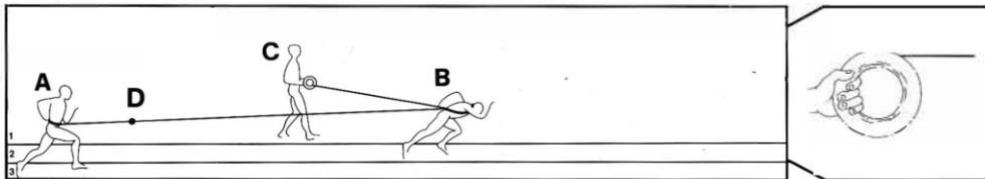
Line up as above.

Coach C holds the handle firmly.
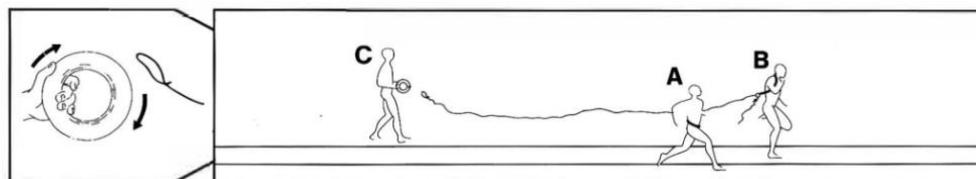
Coach C uncoils the rope.

The final position of A, B and C is as shown above.

# 7. Using Speedy-Pro as a weight sledge
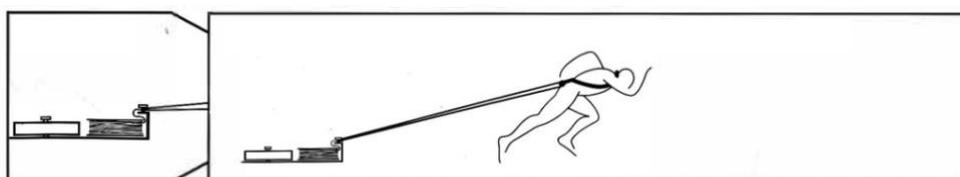
Double up the rope and attach it to the weight plate.